

A QUARTERLY BULLETIN OF KDF

KDFLINK

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FEATURED

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A LIFE OF SERVICE, A JOURNEY OF STRENGTH

At 39 years old, Mr William Koh has spent much of his life in service of others. From a young age, he dreamed not of fame or fortune, but of protecting people—of doing good and standing up for those who couldn't stand up for themselves. That dream led him to join the Singapore Police Force, where he served with dedication for over 15 years.

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Kidney Dialysis Foundation,
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As a Sergeant, Mr William was known for his sharp instincts and steady hand. A trained marksman, he was involved in numerous investigations and ID parades, including a memorable murder case that took place right below his own block in Ang Mo Kio. "It was shocking," he recalled. "But I managed to help identify the suspect. The case was closed."

His time in law enforcement was more than just a job—it was a calling. Even today, long after he left the force, he still tunes in to Crimewatch episodes. "It helps me pass the time," he says, "and reminds me of who I used to be."

But in 2021, everything changed. While living alone, Mr William suffered a stroke that left him wheelchair-bound. His once-independent lifestyle was suddenly no longer possible. Then, in December 2022, another blow came—he was diagnosed with chronic kidney disease (CKD).

"It felt like the sky had dropped down," he shared softly. The whole world went black. I felt very sad."

Unemployed and adjusting to his physical limitations, he was overwhelmed. It was his sister and the social workers at SGH who stepped in to help. Together, they guided him to the Kidney Dialysis Foundation (KDF). Initially hesitant, Mr William eventually agreed—and found the care he didn't even know he needed.

Finding Support, One Day at a Time

Mr William has been receiving dialysis at KDF for over two years now. He makes the journey from Woodlands to Bishan by taxi, accompanied by his helper, who also assists him at home with meals and daily chores. Adjusting to this



It was his sister and the social workers from SGH who gently encouraged him to seek help. At first, Mr William resisted. He didn't want to be a burden. He didn't want to accept that life had changed so drastically. But in time, he agreed to begin dialysis under the care of the Kidney Dialysis Foundation (KDF). That decision, he now admits, was a turning point.

new way of life wasn't easy, but over time, he found a rhythm and began to regain a sense of stability.

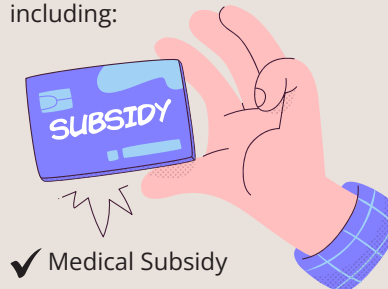
What helped most was the warmth and compassion he found at the dialysis centre. Mr William speaks fondly of the nurses, describing them as "very good" and "kind-hearted."



Their care has made a world of difference, especially during moments when he felt invisible.

"They treat me like a person, not just a patient," he says.

He is also thankful for the financial and practical support he receives at KDF to help him cope in life, including:



- ✓ Medical Subsidy
- ✓ Cab Card Subsidy
- ✓ Provision of daily necessities like biscuits, eggs from the Vending Hearts initiative

Rooted in Faith and Community

Outside of dialysis, Mr William remains closely connected to his Taoist faith. Since young, he has been active in temple work, once even performing in a lion dance troupe. Today, despite his physical limitations, he continues to spend hours each week at various temples—up to 20 in a week—praying, volunteering, and distributing food and essentials to the needy during public holidays.

"Every time I need help, I pray. And help always comes," he says with quiet conviction.

His friends at the temple are a source of strength. There, he is not defined by his illness, but by his heart. "They understand what I'm going through. We help each other," he explains. This spiritual and social anchor has played a powerful role in helping him cope with the emotional challenges of dialysis.

Mr William also lives with his older sister and father in Woodlands. Though his family has been supportive, he carries a strong desire not to be a burden. "I wanted to live alone, but after the stroke, they told me it's no longer possible. I understand that," he says, his voice soft. "I just don't want to trouble my sister. She has her own life."

A Message to Donors

When asked what he would like to say to donors who support KDF, Mr William doesn't hesitate: "Thank you. Your help means a lot. Donations go to things we truly need. And even the little things—like snacks, transport support—they make a difference in our day-to-day life."

He also hopes the public will continue to support kidney patients—not just with financial aid, but with understanding and compassion. "Accepting this illness is hard," he says. "But we don't have a choice. We just want to go through life daily, one step at a time."

To those who have just been diagnosed, he offers this advice,

"Don't resist. Accept it. Focus on surviving. Things will get better."



Mr William's story is just one of many. At KDF, every patient walks a unique path, but what they all share is the need for accessible, affordable dialysis—and the dignity to live their lives fully, even in the face of adversity. Your support helps ensure that patients like Mr William receive the care they need—not just medically, but emotionally and spiritually as well. From subsidised dialysis sessions to welfare assistance and small comforts like vending machine necessities, every contribution counts. Because behind every dialysis session is a life like Mr William's—a life once dedicated to service, now deserving of support.

YOUR SUPPORT BRINGS STRENGTH AND HOPE TO THOSE IN NEED.

With your donations, our underprivileged patients can receive:

\$185 1 Dialysis Session

\$80 1 Month of Medications

\$15 1 Flu vaccine

\$1 1 Blood Glucose Test



KDF CNY RED PACKETS DISTRIBUTION TO PATIENTS



On 12th February, in the spirit of Chinese New Year — a time for reunion, renewal, and reflection — KDF continued its annual tradition of spreading festive cheer to our patients through our CNY Red Packet Gifting initiative.

For many of our dialysis patients, the journey through kidney failure can be both physically exhausting and emotionally isolating. During festive seasons like Chinese New Year, these feelings can become even more pronounced. That's why initiatives like this serve not only to celebrate the season, but also to remind our patients that they are seen, valued, and supported by the wider community.



This year's initiative was made possible through the generous support of our sponsors. One Heart Cleaning, Kazo, and P. Shawn Trading Services sponsored the red packets distributed to our patients — meaningful gifts that symbolise blessings of prosperity and good health.

In addition, P. Shawn Trading Services also sponsored the mandarin orange bags, which provided patients with a practical and festive way to carry their oranges during the Lunar New Year season. Their thoughtful contributions added an extra layer of

warmth and care to this meaningful initiative.

The gifts were met with joy and gratitude by our patients, many of whom shared how much the gesture lifted their spirits. It is often the smallest acts of kindness that make the greatest impact, and this initiative was a testament to that.



We thank all our sponsors for their generosity and for helping us usher in the new year with care, dignity, and festive spirit for those who need it most.

KDF NURSES AWARDED SILVER AT THE SINGAPORE HEALTH QUALITY SERVICE AWARDS 2025



We are proud to announce that three of our KDF nurses have been awarded the prestigious Silver Award at the Singapore Health Quality Service Awards (SHQSA) 2025, held on 13 February 2025 at the NUS University Cultural Centre. Organised by SingHealth Duke-NUS Academic Medical Centre, SHQSA is a national platform that honours exemplary healthcare professionals for their unwavering commitment to service excellence and patient care.

This was KDF's first year participating in the awards, and we are delighted to have marked our debut with three winners — a meaningful milestone for our organisation and a powerful affirmation of the care we strive to deliver.

Congratulations to our Silver Award recipients:



Thong Wei Yan | Senior Staff Nurse II
Ghim Moh Dialysis Centre



Goh Yi Ching | Senior Staff Nurse II
Bishan Dialysis Centre



Nursyaheeran | Staff Nurse I
Admiralty Link Dialysis Centre

Each of our awardees was presented with a certificate and commemorative pin by President Tharman Shanmugaratnam, in recognition of their exceptional professionalism, compassion, and dedication.

At KDF, our nurses are at the heart of what we do. They are often the quiet constants — providing life-sustaining dialysis, managing clinical complexities, and offering emotional support to patients and their families. Their work is not only technically demanding, but also deeply human. These Silver Awards reflect not just individual excellence, but the high standard of patient-centred care we uphold across all our centres.

We extend our warmest congratulations to Wei Yan, Nursyaheeran, and Yi Ching. Your dedication has inspired your peers and touched countless lives. Thank you for your service, your heart, and your continued commitment to making a difference.



As we celebrate this achievement, let us also continue to recognise and support the many unsung heroes in healthcare — because behind every comforted patient, every recovery, and every moment of care, there is a nurse who makes it possible.

KDF WORLD KIDNEY DAY 2025 - ARE YOUR KIDNEYS OK? DETECT EARLY, PROTECT KIDNEY HEALTH



From 10 to 16 March 2025, KDF brought kidney health to the heartlands with a week-long exhibition at Sun Plaza in support of World Kidney Day. The event aimed to raise awareness of early detection and encourage simple, preventive steps to protect kidney health. Through a mix of educational displays, interactive activities, and wellness programmes, the exhibition reached out to the community in accessible and meaningful ways.

A key highlight was the series of free fitness sessions at the Main Atrium. Led by certified instructors from Team Axis, the beginner-friendly classes drew participants of all ages and fitness levels. The sessions were well received, with many fully booked, and reminded the public that regular movement can be enjoyable and beneficial for long-term health.



At the mall's entrance, a striking 1.8-metre tall kidney installation drew attention with its bold visual contrast between a healthy and unhealthy kidney. The display helped convey everyday lifestyle choices that influence kidney health — such as hydration, nutrition, and smoking — in a relatable and impactful way.

Elsewhere, educational panels styled like grocery lists lined Basement 1, grouping food items into kidney-friendly categories. Visitors who took part in an online quiz walked away with a complimentary Garden Salad, courtesy of McDonald's, reinforcing the importance of making healthier food choices.



On Level 2, the Dialysis Patient Experience Journey offered a closer look at life on dialysis, with a realistic setup featuring a dialysis chair, tubes simulating blood flow, and the Hublet tablet for patient education. The area also showcased KDF's range of personalised care services, from physiotherapy and wellness programmes to dietitian consults and financial support. Visitors could also view heartfelt patient stories on screen and write notes of encouragement to patients currently undergoing treatment.

Interactive elements at the Main Atrium brought the educational aspect to life. The Myths vs Facts Wall and Are You At Risk? quiz encouraged hands-on learning, while the Kidney Care Pledge Wall invited visitors to commit to simple habits like drinking more water and eating healthy food.



Throughout the week, visitors also benefitted from free health and functional screenings, and attended talks by healthcare professionals, including Dr Lim Eng Kuang, Senior Consultant at Khoo Teck Puat Hospital, Kevin Wong, Founder of E3Sports Asia, and KDF's rotating dietitian Michelle Pererra. These

sessions covered important topics like nutrition, kidney care, and the role of physical activity in prevention.



Adding a light-hearted touch, the FunClaw machine featuring KIDDI and NINI plush toys was a hit with children and families, offering a cheerful takeaway that helped keep kidney health top of mind.



A particularly moving moment was the Social Worker Appreciation segment, where patients presented flowers to thank the social workers who have supported them. Long-time patient Mr Tan Kim Hua delivered a heartfelt speech, reflecting on the care he had received and expressing his gratitude on behalf of the patient community.

Through this event, KDF reaffirmed its commitment to prevention, education, and quality care — all starting right in the heart of the community.



KDF WORLD KIDNEY DAY 2025

IMPACT AT A GLANCE



Community Reach

Over **2,000** participants engaged across seven days.



Conversations Sparked

The exhibition created countless opportunities for dialogue around **early detection, lifestyle habits, and chronic kidney disease.**



A Deeper Connection

Through real patient stories, emotional moments, and hands-on experiences, the exhibition helped the public **see and feel the reality of living with kidney disease.**



Health and Functional Screenings Conducted

Over **1,000** participants received health and functional screenings, gaining **personalised insights and practical tips** to support their overall wellbeing.



Healthy Habits Encouraged

Visitors pledged to **drink more water, eat healthier, and stay active.**



KDF HAPPENINGS



3rd February 2025
CNY Snake Crafting Activity with NJC Volunteers

To usher in the Lunar New Year, NJC student volunteers joined our patients for a cheerful snake-making craft activity at the dialysis centres. Using festive materials and plenty of creativity, participants worked together to create symbolic snake decorations to welcome the Year of the Snake. The hands-on activity brought festive joy and meaningful connection, creating an uplifting environment for both patients and volunteers alike. It was a reminder that even simple gestures can make the new year feel a little brighter.



15th & 16th March 2025
Wheelchair Transport Service Showcase for Dialysis Patients

KDF is committed to ensuring that our patients have access to life-sustaining dialysis treatments with dignity and ease. For those with mobility challenges, we offer a dedicated wheelchair transport service to and from our dialysis centres. This service was recently showcased through a video presentation at our events, including World Kidney Day, and is also shown to new patients during their orientation at KDF. By easing the logistical and physical burdens of travel, the service plays a vital role in helping patients maintain consistent and uninterrupted treatment. It is a reflection of our broader commitment to providing holistic, inclusive care that supports patients beyond the dialysis chair.



21st March 2025
Active Listening Workshop with NJC Students

As part of our ongoing Values In Action (VIA) Programme with National Junior College (NJC), where NJC students will volunteer as befrienders for our patients, KDF conducted an Active Listening Introduction session to support their engagement. The interactive workshop aimed to cultivate empathy and mindful communication, equipping students with the soft skills needed for communicating with patients in the dialysis centres. Through guided activities and reflections, students gained valuable insights into the importance of being present, attentive, and respectful — all essential qualities when caring for others.



22nd March 2025
Lovelink Charity Nite 2025 — Giving with Heart

On 22 March 2025, the Lovelink Service Society hosted Lovelink Charity Nite 2025 in support of KDF. The event raised an impressive \$6,620, which will go directly towards supporting our dialysis patients. Guests were treated to a lively evening filled with music, heartfelt stories, and a fun-filled PK sing-off, which added a spirited and entertaining twist to the night. The event was a meaningful testament to how student-led initiatives can make a real difference in the lives of those in need.

**"IT IS NOT
HOW MUCH
WE DO,
BUT HOW
MUCH LOVE
WE PUT IN
THE DOING."**

– Mother Teresa

**"重要的并不是
我们给予了多少，而是我们
给予时投入了
多少爱。"**

– 特蕾莎修女



肾脏透析基金 活动



2025年2月3日

与国家初级学院志愿者一同开展农历新年蛇年手工制作活动

为迎接农历新年，国家初级学院 (NJC) 的学生志愿者走进透析中心，与我们的患者一起开展了欢乐的蛇年手工制作活动。大家运用充满年味的材料与无限创意，齐心协力制作象征蛇年的节庆装饰，喜迎蛇年的到来。

这项动手活动不仅为透析中心带来了浓浓的节日气氛，也拉近了患者与志愿者之间的情感联系，营造了温馨愉快的互动环境。这次活动也提醒我们：即便是简单的陪伴与关怀，也能为新年增添一丝温暖与光亮。



2025年3月21日

与国家初级学院学生开展“专注倾听”工作坊

作为肾脏透析基金与国家初级学院学生持续推进“品格与公民教育” (Values In Action, VIA) 计划的一部分，我们为即将担任患者陪伴志工的学生举办了“专注倾听”入门工作坊，以协助他们更好地投入服务。这场互动式工作坊旨在培养学生的同理心与专注沟通能力，让他们掌握在医疗照护环境中至关重要的软技能。通过引导式活动与反思环节，学生们能够深入体会到在照顾他人时“专心聆听、用心陪伴、尊重他人”的过程中所扮演的重要角色。



2025年3月15日至16日

透析患者专属轮椅接送服务展示

肾脏透析基金致力于确保每位患者都能尊严而便利地接受维持生命的透析治疗。对于行动不便的患者，我们提供专属的轮椅接送服务，往返于患者们的住所与透析中心之间。

这一服务近期通过影片形式在包括“世界肾脏日”活动在内的多个场合中展示，并作为迎新环节的一部分介绍给新加入的患者。通过减轻患者在交通安排上的身体与心理负担，该服务在协助患者持续、稳定地接受治疗方面发挥了重要作用。这项服务也体现了肾脏透析基金所坚持的全面而且包容的照护理念，我们的照护延伸至透析之外，贯穿了患者生活的每一步。



2025年3月22日

爱之心语慈善夜2025：用心传爱

2025年3月22日，Love-Link Service Society举办了“爱之心语慈善夜2025”，为肾脏透析基金款。活动共筹得6,620元，将全数用于支持透析患者的治疗与照护。

当晚活动精彩纷呈，来宾不仅欣赏到动听的音乐，还聆听了感人至深的故事。不仅如此，当晚的活动也有热闹的对唱环节，为夜晚增添了欢乐与活力。整场活动充分展现了学生主导项目的力量，证明了青年一代也能为有需要的人带来实质性的改变。

肾脏透析基金世界肾脏日 2025 一览成果



社区影响力

七天内共吸引逾
2,000人参与。



激发对话

展览促成了大量关于早期检测、生活方式及慢性肾病的讨论与交流。



深化共鸣

通过真实患者故事、感人时刻和互动体验，公众更切身理解肾病患者们的生活处境。



健康与功能性筛查

超过1,000人接受筛查，获得量身定制的健康见解与实用建议。



推动健康习惯

访客纷纷承诺多喝水、健康饮食、保持活力。



肾脏透析基金世界肾脏日 2025:你的肾脏还健康吗?早期检测,守护肾脏健康



2025年3月10日至16日,为响应世界肾脏日,肾脏透析基金在太阳广场(Sun Plaza)举办为期一周的展览活动,将肾脏健康知识带入社区中心。此次活动旨在提高公众对早期检测的认知,并鼓励采取简单的预防措施来保护肾脏健康。展览通过教育展板、互动活动和健康项目等多种形式,以贴近群众、富有意义的

方式向社区传播健康理念。

此次活动的一大亮点是在商场中庭举行的一系列免费健身课程。课程由Team Axis团队的认证教练带领,适合初学者参与,吸引了各年龄层、各体能水平的居民踊跃参与。课程反响热烈,多场活动座无虚席,提醒公众:定期运动既有趣又有益健康。



在商场入口处,一个高达1.8米的巨大肾脏装置以鲜明的对比展示了健康与不健康的肾脏,引起了来往人群的注意。该装置以贴近生活的方式,形象地传达了日常习惯如饮水、营养和吸烟等如何影响肾脏健康的信息。

在商场地下一层,设计成“购物清单”风格的教育展板将食物分门别类,列为有益肾脏健康的食品。完成线上知识问答的访客还能获得由麦当劳赞助的免费沙拉,进一步提倡了健康饮食的重要性。



在二楼,“透析病患体验之旅”展示区通过逼真的布置,包括透析椅、模拟血液流动的管路,以及用于病患教育的Hublet平板电脑,让参观者深入了解透析患者的日常生活。该区域也介绍了肾脏透析基金提供的个性化护理服务,如物理治疗、健康促进计划、营养咨询和经济援助。此外,参观者还能观看病患真实故事的视频,并为正在接受治疗的患者写下鼓励的话语。

商场中庭的互动展项让教育内容变得生动有趣。“迷思与真相”展墙及“你是否属于高风险群体?”问答游戏鼓励参与者亲身体验学习,而“肾脏健康承诺墙”成为激励公众采取如增加饮水量、调整饮食结构等健康举措的重要平台。



在为期一周的活动中,参观者还能参与免费的健康和功能性筛查,并出席多场由医疗专业人士主讲的健康讲座。讲者包括邱德拔医院高级顾问林荣权医生、E3Sports Asia创办人黄治民,以及肾脏透析基金轮值营养师Michelle Pererra。这些讲

座涵盖营养、肾脏保健及运动预防疾病的重要性等关键议题。



为了增添轻松氛围,现场还设有FunClaw娃娃机,肾脏透析基金的吉祥物KIDDI和NINI玩偶深受儿童与家庭喜爱,为活动带来一抹欢乐,也让肾脏健康的理念更深入人心。

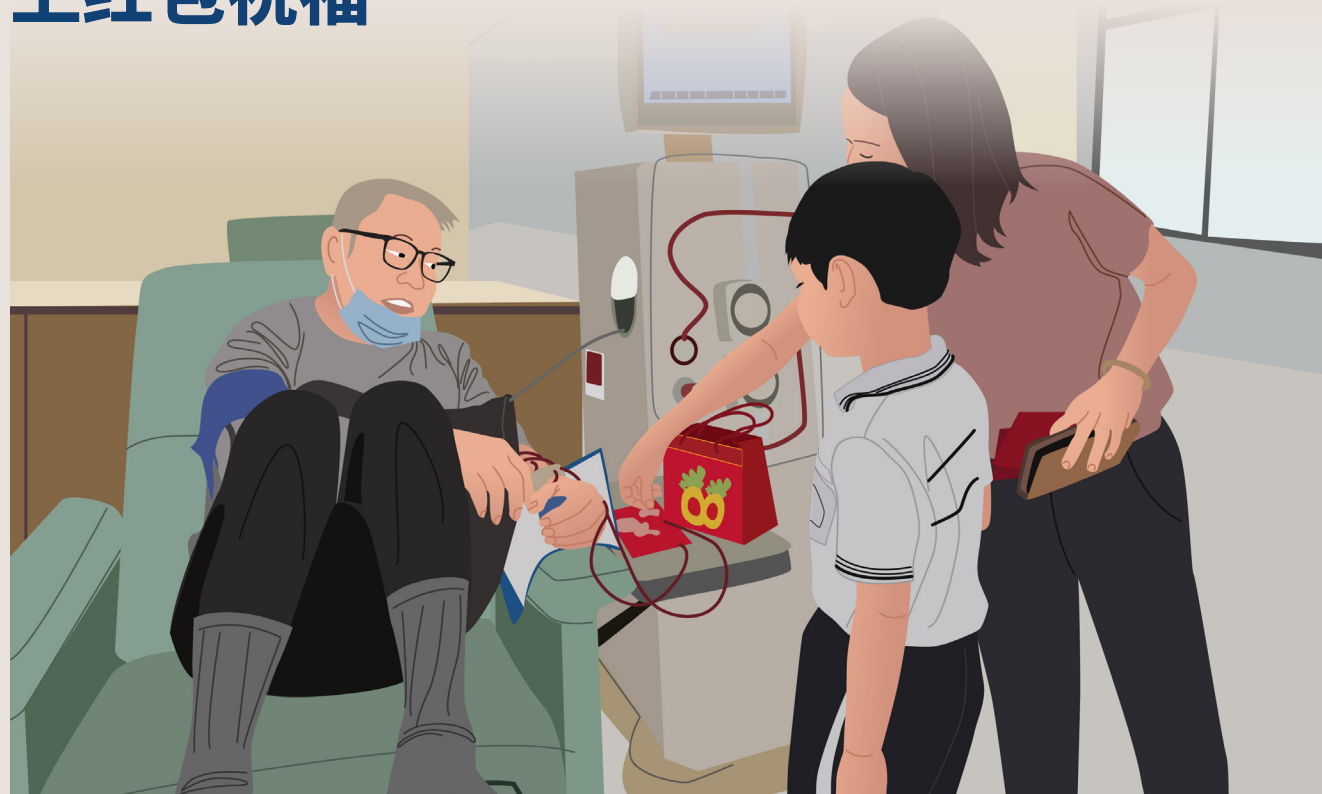


其中一个感人时刻是“社工感谢环节”,患者向长期支持他们的社工献上鲜花以表达谢意。长期接受透析治疗的陈金华先生代表患者群体发表了感人肺腑的致词,回顾了所获得的照护,并表达了由衷的感激。

通过这次活动,肾脏透析基金再次展现了其对预防、教育和优质护理的承诺——改变始于社区,也始于每一个你我。



肾脏透析基金春节关怀活动:为病患送上红包祝福



在2月12日这个象征团聚、新生与感恩的农历新年佳节,肾脏透析基金延续了多年传统,通过农春节红包赠送活动,为我们的病患传递节日的温暖与关怀。

对于许多透析患者来说,肾衰竭的治疗过程既是身体上的疲惫,也常常带来情感上的孤独。尤其是在农历新年等节日季节,这些感受往往更加明显。因此,像这样的活动不仅是为了庆祝节日,更是为了让我们患者知道,他们是被重视的,并且得到了来自更广泛社区的支持。



今年的活动得到了我们赞助商的大力支持。One Heart Cleaning清洁公司、卡滋屋 (Kazo) 和 P. Shawn Trading Services 赞助了分发给患者的红包,寓意着繁荣与健康祝福。

此外, P. Shawn Trading Services 还赞助了柑橘袋,为患者春节期间能便捷地携带橙子,这不仅实用而且充满节日气氛。他们的贴心捐赠为这次有意义的活动增添了更多的温暖与关怀。

这些礼物令患者们感到欣喜与感激,许多患者表示这一举动极大地鼓舞了他们的士气。往往是那些最小的善举,带来了最大的影响,而这次活动便是这一点的最好证明。



肾脏透析基金在此感谢所有赞助商的慷慨支持,感谢他们帮助我们以关爱、尊严和节日的喜悦,迎接新的一年,并将这份关怀带给最需要的人。

肾脏透析基金护士荣膺 2025 年新加坡保健优质服务奖银奖殊荣



我们荣幸地宣布,三位肾脏透析基金护士荣获2025年新加坡保健优质服务奖 (SHQSA) 银奖,该奖项于2025年2月13日在新加坡国立大学文化中心举行。由新保集团杜克-国大学术医学中心主办,SHQSA是一个全国性平台,旨在表彰那些在服务卓越和对患者护理方面做出不懈努力的优秀医护人员。

这是KDF首次参与该奖项评选,我们很高兴在首次参赛的情况下就有三位护士获奖。这是我们肾脏透析基金的一个重要里程碑,也充分给予我们始终如一的护理质量的肯定。

衷心祝贺以下银奖得奖者:



汤隼燕 | 高级护士 II
锦茂透析中心



吴宜瑾 | 高级护士 II
碧山透析中心



Nursyaheeran | 注册护士 I
海军部透析中心

每位获奖者都由活动主宾尚达曼总统亲自颁发证书和纪念胸针,以表彰他们卓越的专业精神、同情心和奉献精神。

在肾脏透析基金里,我们的护士团队是我们工作的核心。他们往往是默默奉献的常客,提供维持生命的透析治疗,处理复杂的临床问题,并为患者及其家属提供情感支持。他们的工作不仅要在技术上有着极高的要求,更必须富有人文关怀。这些奖座不仅是对个人卓越表现的认可,也是对我们所有中心始终坚持患者为中心护理标准的肯定。

我们向隼燕、Nursyaheeran 和宜瑾表示最热烈的祝贺。你们的奉献精神激励了同事,也深深感动了无数患者的心。感谢你们的服务、你们的爱心以及你们始终如一地致力于带来改变。



在庆祝这一项成就的同时,也让我们继续关注和支持医疗行业中的许多无名英雄。因为在每一位得到安慰的患者、每一次恢复健康、每一个护理的瞬间背后,都有一位护士在默默奉献。



作为一名警长，许文忠先生因有着敏锐的直觉和稳重的处理方式而闻名。他是一名训练有素的射手，参与了许多调查和身份识别活动，其中包括一起令人难忘的谋杀案件，发生在他自己所住的组屋楼下。“那时候非常震惊，”他回忆道，“但我设法帮助识别了嫌疑人，案件最终也成功结案了。”

他的执法生涯不仅仅是一份工作，而是一种使命。即使今天，在离开警队多年之后，他依然会收看《绳之以法》的节目。他道：“这个节目能帮助我打发时间，也让我想起了曾经的自己。”

然而在2021年，一切发生了变化。独居的许先生突发中风，导致他必须依赖着轮椅行动。他曾经独立的生活方式突然变得无法实现。接着，2022年12月，他又遭遇了打击。许先生被诊断患有慢性肾脏病。他感慨：

“那时候感觉天都塌了，整个人陷入黑暗，心里特别难受。”

他既失去了工作，又要面对身体上的限制，一时间感到无所适从。但是，他的姐姐和新加坡中央医院的社工们在这时候伸出援手，带领他来到肾脏透析基金起初他有所迟疑，但最终还是接受了建议，而这份照护正是他之前未曾意识到自己所需要的。



许先生一开始因为不想成为负担，不愿接受生活已经发生了如此剧变而有些抗拒。但随着时间的推移，也有了他姐姐以及的社工们的温柔鼓励下，同意开始在肾脏透析基金的

照护下进行透析治疗。许先生也承认那是他生命中的转折点。

逐步获得关怀与支持

许先生在肾脏透析基金接受透析治疗已有超过两年的时间了。他从兀兰搭乘德士前碧山，看护也会陪同他一起去，并在家中帮助他处理饮

食和日常家务。适应这种新的生活方式并不容易，但随着时间的推移，许先生也逐渐适应了节奏，生活也慢慢恢复了稳定。



最让他感到宽慰的是透析中心所给予的温暖和关怀。许先生十分感激护士们，称他们“非常优秀”、“心地善良”。**“他们对待我如同对待一个正常人，而不仅仅是一个病人，”他说。**

他还感谢肾脏透析基金提供的经济和支持，帮助他应对生活，包括：



- ✓ 医疗补助
- ✓ 德士补贴卡
- ✓ 来自“Vending Hearts”计划提供的日常必需品，如饼干、鸡蛋等

信仰与社区的力量

除了透析治疗，许先生依然与他的道教信仰保持紧密联系。他从小就积极参与庙会活动，甚至曾加入过舞狮队。如今，尽管他身体受限，但他依然每周花上几小时，最多可达20个小时，去到不同的庙宇祈祷、志愿服务，并在公共假期为有需要的人分发食物和生活必需品。

“每当我需要帮助时，我都会祈祷。帮助总会到来，”他语气平静却充满信念地说道。

他在庙里的朋友们是他力量的来源。在那里，他的身份不再由病痛所定义，而是由他坚强的内心塑造。许先生解释：“他们理解我正在经历的事情，我们互相帮助。这个精神和社会的支持系统在帮助他应对透析带来的情感挑战中，发挥了巨大的作用。”

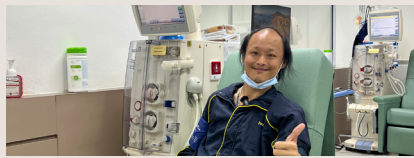
许先生和他的姐姐、父亲同住在兀兰。尽管家人一直给予他支持，但他心中依然有着强烈的愿望，希望不再成为他们的负担。许先生语气轻柔所得说：“我曾经想独自生活，但中风后，他们告诉我这不再可能了。我理解这一点，我只是不想麻烦我的姐姐，她毕竟也有她自己的生活。”

致捐赠者的心声

当问到他支持肾脏透析基金的捐赠者想说些什么时许先生毫不犹豫地回答：“谢谢你们。你们的帮助对我们意义重大。捐款用于我们真正需要的东西。即使是那些小小的东西——比如零食、交通支持，它们也能在我们的日常生活中带来改变。”

他还希望公众能够继续支持肾病患者——不仅仅是提供经济援助，更重要的是给予充分的理解和关怀。“接受这种疾病是艰难的，但我们没有选择。我们只想每天都活得踏实，一步一步走下去。”

对于那些刚刚被诊断的患者，他提供了这样一句建议：**“学会面对，把它当成是新生活的开始。事情会变得更好。”**



许先生的故事只是众多故事中的一个。在肾脏透析基金，每个病人都有自己独特的旅程，但他们共同的需求是：获得可及的、负担得起的透析治疗，并保持完整的尊严，哪怕面对困境。您的支持帮助确保像许先生这样的患者，得到他们所需要的照护。这不仅是医疗上的，还包括情感和精神上的支持。从补贴的透析治疗到福利援助，再到自动售货机中的小小慰问，每一份捐助都至关重要。因为在每一次透析治疗背后，都是许先生这样的生命——曾经奉献于服务，如今同样值得得到关爱和支持。

您的慷慨重燃生命与希望。

您的捐款可帮助我们的贫困患者获得：

- \$185** 一次透析治疗
- \$80** 一个月的药物
- \$15** 一支流感疫苗
- \$1** 一次血糖测试

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肾析简报

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平凡英雄, 不凡旅程

39岁的许文忠先生把大部分人生都奉献给了他人。从小, 他的梦想并非名利, 而是保护人们——为那些无法为自己发声的人挺身而出。这个梦想促使他加入了新加坡警察部队, 并在那里尽职尽责地服务了超过15年。

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